

Sodium Reduction

Back to School Workshop 2014

Joe Oster

and

Lesli Murch

HHFKA of 2010

- The Healthy, Hunger-Free Kids Act of 2010 requires schools to meet sodium targets
- Daily maximum above which sodium becomes unhealthy for most healthy young adults is 2,300 mg which is equal to 1 tsp of salt

Health Risks

- Too much salt and sodium are linked to high blood pressure.
 - Increases risk for heart disease, stroke and kidney disease

“Evidence has documented that as sodium intake decreases, so does blood pressure in children, birth to 18 years of age”

-2010 Dietary Guidelines Advisory Committee Report

Sodium Reduction Chart

- Current school lunches contain about 1500 mg of sodium and the final lunch target is about 700 mg! That is less than half, a 53% reduction!
- ND schools average 1477 mg for grades 9-12 in 2013/14. The first target is 1420 so we are very close to meeting that.

Sodium Restrictions- Breakfast

- Grades K-5 ≤ 540 mg
- Grades 6-8 ≤ 600 mg
- Grades 9-12 ≤ 640 mg



Sodium Restrictions- Lunch

- Grades K-5 $< \text{ or } = 1,230 \text{ mg}$
- Grades 6-8 $< \text{ or } = 1,360 \text{ mg}$
- Grades 9-12 $< \text{ or } = 1,420\text{mg}$



What items in your lunches do you think contain the most sodium?





Which of these items do you think is the worst?

- Table Salt is surprisingly not the biggest culprit.
- Sodium is more prevalent in processed foods than in salt shaken from salt shakers.

How about milk?

- White milk has 107 -130 mg of sodium, chocolate milk has 180 mg.
- You need to offer milk with every meal, however, that takes up a pretty good chunk of our sodium limit.



What about cheese and pizza?

- The dairy industry is working on reduced sodium cheese that can be used to make pizza.
- How can we lower the sodium in the pizza we serve?
 - Home-made: takes time but some schools do it
 - Read labels: hard to do before purchasing, ask the salesman
 - Skip pepperoni and double stuff or stuffed crust at 800 mg, plain cheese has 480 mg

Bread Items:

- Bread and tortillas are surprisingly high in sodium. Salt is necessary to make bread rise.
 - One slice of bread has about 135 mg of sodium.
 - A ten inch, 2 ounce tortilla has 390 mg.
- Manufacturers are working on lowering the sodium in all school items.
 - There is a white whole wheat tortilla available with 150 mg of sodium.

Beans

- Canned beans contain up to 500 mg of sodium per half cup. Canned beans are a lot more convenient to serve than soaking and cooking dry beans.
- How do you think we could find a way to reduce the sodium in canned beans?



How about ranch dressing?

- Ready-made ranch and ranch packets contain quite a bit of sodium. We could make a ranch dressing from scratch.
- Students love to dip foods. Try warm marinara sauce as a dip for pizza instead of ranch. The marinara sauce counts as a red/orange vegetable.

Scratch Cooking

- Salt is a preservative. Processed foods usually have more sodium than scratch cooked items.
- One way we can lower the sodium is to use herbs and spices to flavor food instead of salt.

Hand out: Flavor that Food Chart

- **Meats**

- Beef
- Pork
- Chicken
- Fish
-

Spice it Up With:

Bay leaf, marjoram, onion, pepper, sage, thyme
Rosemary, garlic, onion, pepper, sage, oregano
Ginger, marjoram, oregano, paprika, rosemary, sage, tarragon, thyme, curry
Dill, dry mustard, lemon juice, marjoram, paprika, pepper

- **Vegetables**

- Carrots
- Corn
- Green Beans
- Leafy Greens
- Peas
- Potatoes
- Summer Squash
- Winter Squash
- Tomatoes
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Cinnamon, cloves, marjoram, nutmeg, rosemary, sage
Cumin, curry powder, onion, paprika, parsley
Dill, curry, lemon juice, marjoram, oregano, tarragon, thyme
Onion, pepper
Ginger, marjoram, onion, parsley, sage
Dill, garlic, onion, paprika, parsley, sage, chives
Marjoram, nutmeg, rosemary, sage
Cinnamon, ginger, nutmeg, onion
Basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper, garlic

- **Pasta/Rice**

Parsley, basil, rosemary, chives

Read Nutrition Facts Labels

- Read Nutrition Facts Labels
 - Foods that are low in sodium contain less than 140 mg or 5 % Daily Value (DV)



Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total fat	Less than 65g 80g
Sat fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Other Ways to Reduce Sodium

- Use fresh or frozen foods when possible—not canned
- Limit convenience foods as much as possible
- Steer clear of all smoked, cured and processed meats

Other Ways to Reduce Sodium

- Modify recipes that use high-sodium ingredients
 - Cheese sauce
 - Canned soups
 - Tomato sauce/paste
 - Chips
 - Taco Shells
- Do not add salt when cooking rice, pasta, or hot cereal

Other Ways to Reduce Sodium

- Use fresh or dried herbs, spices, lemon or orange zest, fruit juice
- Consume potassium rich foods to balance sodium levels

Portioning

- Portion sizes can be controlled by placing items such as hot sauce, ketchup, mayonnaise, and salad dressing into portion cups or using correct utensils to limit portion sizes per meal
- Which one of these is the best option for portion control?



Questions???

- 1-888-338-3663 Joe, Kaye, Deb, Shayna
- jjoster@nd.gov
- ksknudson@nd.gov
- degeland@nd.gov
- sgriffiths@nd.gov
- lmurch@nd.gov Eastern ND
- 1-888-788-8901 Lesli



This training is from the ND Department of Public Instruction Child Nutrition Programs

Kirsten Baesler, State Superintendent
600 E Boulevard Avenue, Dept. 201
Bismarck, ND 58505-0440